

## Please remember...

- The sooner your baby gets to your breast (best within one hour of birth), the sooner he or she will get your first milk (colostrum). It's thick, yellow and super healthy, and it has all the nutrition your baby needs in the first few days.
- Your baby may lose some weight after birth. This is normal. Babies will nurse 8-12 times a day because their stomachs are very small. Your breasts should feel fuller around Days 2-5, and then feel softer after each feeding.
- Your body will know to make milk when you breastfeed often.
- Your nipples will be slightly tender. If you have concerns, call WIC.
- Breastfeeding will get easier as your baby grows. By the time he or she is 6 weeks old, you will both be experts!

**Remember:** *Keep your baby with you so you can easily see when your baby is hungry.*

If you have any questions about breastfeeding, please call:



WIC is an equal opportunity program.  
 Developed by the California State WIC Program  
 Arnold Schwarzenegger, Governor, State of California  
 S. Kimberly Belshé, Secretary, Health and Human Services  
 Sandra Shewry, Director, Department of Health Services.  
 IC# 10/04



## Your Baby's First Week of Breastfeeding

## Your baby is getting enough breastmilk in the first week if:

- Your baby breastfeeds at least 8 to 12+ times in 24 hours. Baby's stomach does better with frequent small feedings.
- You let your baby finish the first breast before offering the second one.
- You can hear or see your baby swallow after several sucks.
- Your baby has enough wet and dirty (stools) diapers. See chart below.

**Remember:** Giving bottles of formula or water, or using a pacifier, may make you produce less milk.

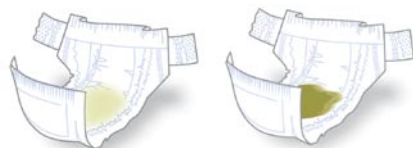
## Keep track of your baby's wet and dirty diapers for the first week:

- Place a check mark in the boxes (below) to count how many wet and dirty diapers your baby has each day.
- The chart shows the number of diapers used by most babies. It's OK if your baby uses more diapers.
- If your baby uses less diapers, please contact your doctor and WIC.
- After the first week your baby may have more than 6 dirty diapers a day.

Take this record to your baby's checkup.

### ✓ Count the diapers

A way to measure how much breastmilk your baby gets



Baby's Age	# of Wet Diapers	# of Stools
1 Day Old	<input type="checkbox"/>	<input type="checkbox"/>
2 Days Old	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
3 Days Old	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4 Days Old	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5 Days Old	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6 Days Old	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7 Days Old	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Watch for baby's stools to change during the first week:



**Days 1-2**  
Thick, tarry  
and black



**Days 3-4**  
Greenish  
yellow



**By Day 5**  
Seedy, watery  
mustard color

It is normal for the color and texture of your baby's stools to change. If these changes do not happen, please contact your doctor.

## Call your doctor right away or go to the emergency room if your baby:

- has a dry mouth
- has red-colored urine
- has yellow skin (jaundice)
- has less diapers checked off than in the chart
- will not wake up to eat at least 8 times in 24 hours